



Symptoms and Warning Signs of Diabetes

Could you have diabetes?

Diabetes is a silent disease. You could have it for years and never know it. During this time, your eyes, nerves, and kidneys may have been harmed by too much sugar in your blood.

Who is at risk for diabetes?

Your risk for diabetes increases as you get older, gain too much weight, or if you do not stay active. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders. Risk factors for diabetes include:

- Having high blood pressure (at or above 130/80)
- Having a family history of diabetes
- Having diabetes during pregnancy or having a baby weighing more than nine pounds at birth.

Don't wait for the signs

Most people with diabetes do not notice any symptoms. However if you should have any of these symptoms, call your health care provider right away.

- Very thirsty

- Frequent urination
- Losing weight without trying

What can you do?

You can do things now to lower your risk for diabetes by:

- keeping your weight in control;
- eating low fat meals that are HIGH in fruits, vegetables and whole grain foods;
- Staying active most days of the week.

More Information

If you or the people you care about are at high risk for diabetes, you should learn more and get involved.

- Ask your health care provider about your risk for diabetes during your next visit.
- Call 1-800-DIABETES (1-800-342-2383) for free information about diabetes, and to find out about Alert activities in your area. Bilingual representatives are available.